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Your essential daily news | MONDAY, APRIL 4, 2016

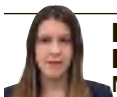
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Fentanyl still a threat, says health centre

ADDICTION

**Informal survey
found 42 per cent
had been offered
drug by dealers**



**Haley
Ritchie**
Metro | Ottawa

Staff at Sandy Hill Community Health Centre are raising concerns that powdered fentanyl is becoming more common on the city's streets.

Ron Boyd, director of the Oasis drug treatment program at the centre, said an informal survey of 70 clients taken in December suggested that over 42 per cent had been offered the substance by drug dealers over a three-month time period.

"One of the advantages of offering programs like ours is that we can do

quick surveys to act as sentinel data for emerging drug-use trends," said Boyd.

Prescription fentanyl is used as a treatment for chronic pain, but the powerful drug is linked to deadly overdoses when abused.

The first time an informal poll was conducted was in 2012 when fentanyl patches were being cut open and "cooked" by users until they became a liquid that could be injected.

The new concern, according to Boyd, is the street-produced version of the drug, available in a powdered form that is easily confused with and sometimes mixed with heroin. It's easier to overdose when addicts don't know the strength of the drug they are getting.

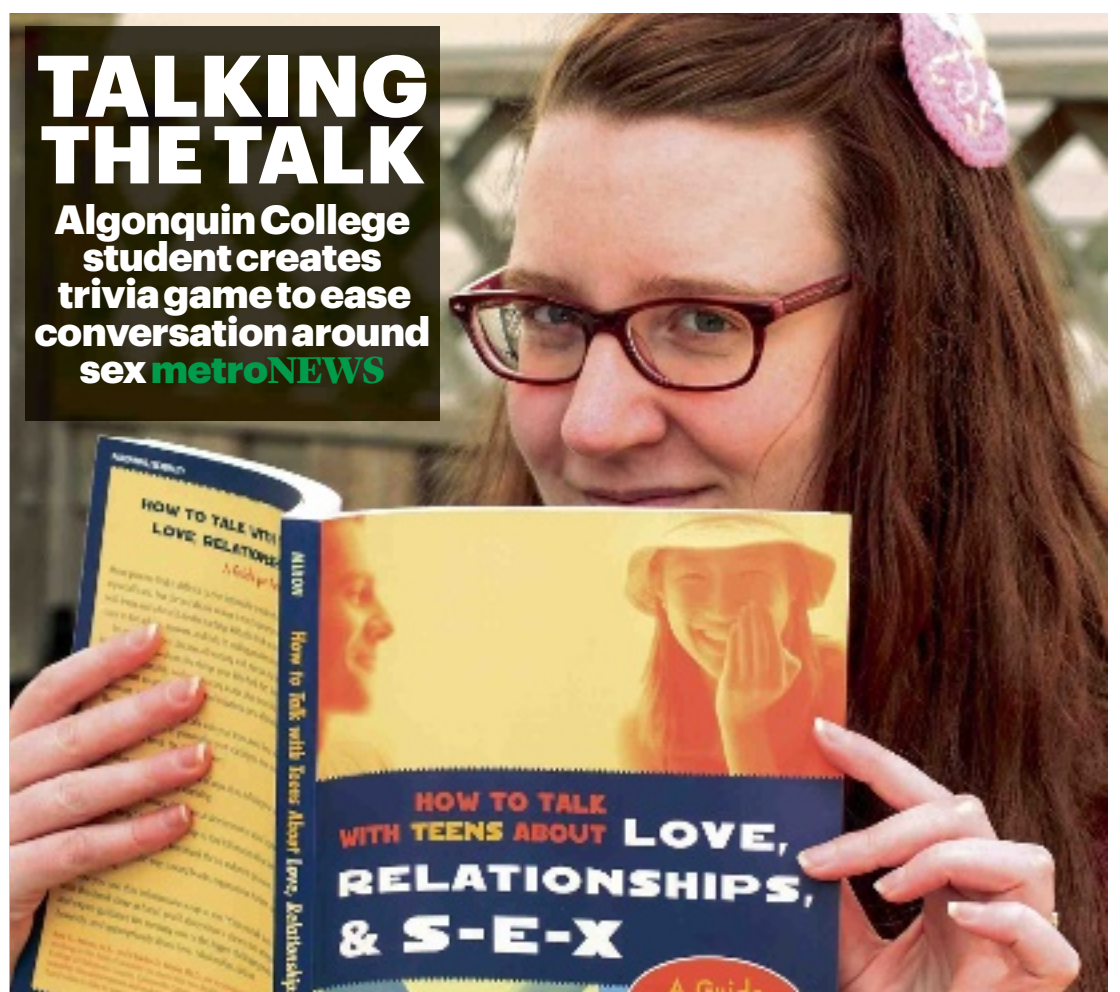
Ottawa Public Health spokesman Eric Leclair said the organization is aware of the drug.

He said deaths from drug overdoses in the city have remained steady at around 40 each year.

Last year, fentanyl overdoses killed eight people in Ottawa.

TALKING THE TALK

Algonquin College
student creates
trivia game to ease
conversation around
sex **metroNEWS**



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Hitting ‘critical mass’

INFRASTRUCTURE

Cycling group urges support as trips double over five years



Cycling in Ottawa has reached a “tipping point” and needs more infrastructure to keep up, a local advocacy group says.

Citizens for Safe Cycling’s annual report, released Saturday, shows cycling trips have jumped 44 per cent between 2010 and 2015.

That’s based on data from three bike counters located on the Alexandra Bridge, the Ottawa River path near the O-Train and the eastern canal path near the Corktown footbridge.

Cycling trips in those areas rose from fewer than 700,000 trips between May and September in 2010 to just shy of 1 million during the same months five years later.

Not to mention, Ottawa’s cycling growth was third-fastest among cities in 17 countries monitored by Eco-Counter, an international bike data centre.

“There’s a bit of a tipping point happening, a critical mass moment,” said Gareth Davies, president of the Ottawa cycling group.

He said all this momentum adds up to a need for more and better infrastructure —

something that’s increasingly possible with a bike-friendly federal government now in power.

“We need to take advantage of that while it’s there,” Davies said.

Nearly half of his members cited inadequate infrastructure as a barrier to cycling, and 37 per cent said safety concerns keep them off two wheels.

“There’s increased demand and a dire need to allow these people to ride safely,” Davies said. “That doesn’t even speak to the latent demand. People would like to bike but they don’t feel safe on the roads.”

Four urban councillors have already asked city staff to prioritize funding for the Ottawa Cycling Plan when they send a list of asks to the federal government later this year.

The \$70-million plan is currently being implemented at a rate of about \$4 million per year. With federal help, it could get done much faster — and then the city could “reap the rewards,” Davies said.

“We’ll save money on road repairs, and in public health,” he said.

A five per cent modal share increase would save about \$16 million a year in health costs, Ottawa Public Health estimates.

The plan calls for a cycling modal share of eight per cent inside the greenbelt by 2031.

Even with political support, Davies encouraged residents to continue voicing their desire for better facilities.

“It doesn’t happen on its own,” he said.



The cycle track on Churchill Avenue is one of the city’s flagship bike infrastructure projects. METRO FILE

HEALTH

Supervised injection consultation starts

Consultations for a possible supervised injection site begin in Ottawa Monday, despite firm opposition from the mayor and chief of police.

The Sandy Hill Community Health Centre will host four Monday-night sessions throughout April to discuss the possibility of opening a supervised spot to shoot up, similar to Vancouver’s long-established facilities.

If approved by the federal government, Ottawa’s intravenous drug users would be allowed to shoot up under the supervision of a nurse.

Supporters say this would drastically reduce the risk of overdose death, and also limit disease contraction, since users would have access to clean needles and equipment.

InSite in Vancouver has reported large drops in overdose deaths in its immediate vicinity since it opened in 2003 — as high as 35 per cent, according to one study.

Rob Boyd, who runs the Sandy Hill centre’s harm reduction program, hopes to do the same in Ottawa.

The centre on Nelson Street already offers a needle exchange program, medical and social services and outreach to Ottawa’s drug-using population.

The injection site would require an exemption from the federal government, something the Liberals have signalled they’re prepared to do as part of a larger harm reduction plan.

Locally, Mayor Jim Watson and police Chief Charles Bortolone are both opposed to such a site. Watson has said he’d rather see the money go to drug treatment programs.

Boyd said if everything goes well, and the board approves the application, the next step is to request feedback from Watson, Bortolone, the Medical Officer of Health, the Provincial Minister of Health and Long Term Care, and other groups.

The consultations will run from 6:30 to 8 p.m. every Monday in April. More information is available at shhc.ca.

35%

InSite in Vancouver has reported large drops in overdose deaths in its immediate vicinity since it opened in 2003 — as high as 35 per cent, according to one study.

Correction to March 31 story

The March 31 edition of Metro Ottawa included two photos that were incorrectly attributed to Ronald Bastarache in a feature about an Instagram

meetup. The photographer’s name is Roland Bastarache and his images can be found on his Instagram account @Rolandbast. METRO

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5

THINGS TO WATCH AT CITY HALL THIS WEEK

The Uber-taxi battle will be the brunt of City Hall business this week, but a unique community rink and 'congestion charges' are also on the agenda.



1 Congestion pricing

Ottawa drivers may face new road tolls, as the city explores ways to cut traffic congestion and encourage other modes of transportation. City staff may consider "congestion charges" — which can include variable parking prices, highway or bridge fees, costs for carpool lanes or a price to enter a traffic-heavy part of the city. The transportation committee will look at this on Wednesday.



2 Taxi bylaw review

The city may be softening its relations with ride-hailing app Uber, but the taxi industry's fight will rage on. On Thursday, the community and protective services committee will hear from delegates on a proposed massive overhaul to the taxi bylaw that includes legalizing Uber and loosening cab rules. Taxi industry officials have already said the new regulations are unfair. This debate may take up an extra day of City Hall business on Friday before council votes on April 13.

3 Canterbury Rink

Alta Vista residents may start paying a special levy to fund a \$5.85 million refrigerated rink. The Canterbury facility would mimic an arena in Toronto's Greenwood Park — covered, refrigerated and host to an extended ice hockey season, plus "ice-out" season sports like lacrosse and basketball. The community would pay little more than half the costs — \$2.9 million — which works out to a \$16-20 special levy per household. The rest of the rink will be funded by the Canterbury Community Association, development charges and fundraising. The Alta Vista community just finished paying off the expansion of the Canterbury Community Centre, which was partially funded by a 10-year special levy, which ended in 2015. The finance and economic development committee will debate this new rink on Tuesday.



4 Ford Canada CEO cruises in

Dianne Craig, CEO of Ford Canada, will be the guest speaker at the mayor's next breakfast event on Thursday morning. The Ottawa Business Journal and Ottawa Chamber of Commerce co-host the business networking series. For registered members, the breakfast starts at 7:30 a.m. and the presentation a half-hour later.



5 St. Laurent overhaul

A troublesome intersection near the city's industrial park is soon to get a \$9 million facelift. The intersection of St. Laurent, Innes Road and Industrial Avenue was pinpointed as a collision-heavy area in 2004. City staff are recommending exclusive bus transit lanes and raised cycle tracks in both directions. If approved by the transportation committee on Wednesday and then council, the project will be broken down into two phases: The first starting this summer and the second "when warranted by traffic conditions."



City hall rushes to reduce bird deaths

URBAN WILDLIFE

Craft paper put up in glass walkway as temporary fix

Ashley Moffatt
For Metro | Ottawa

An increasing number of birds are colliding with a glass walk-

way at city hall and dying in recent days has prompted city staff to install a temporary fix.

Safe Wings Ottawa had set up a display of dozens of dead birds inside city hall earlier in the week to bring awareness to this very problem.

"Around five Saturday night someone tweeted us asking if we had moved our display outside because there were a bunch of dead waxwings," Cynthia Paquin, who works

with Safe Wings Ottawa, said on Sunday.

"So we raced down to city hall, because it had the potential to be quite bad. It wasn't just one or two, there was an entire flock here. The flock likely numbered well over a hundred," said Paquin.

The birds were trying to fly to a tree directly across from the walkway. Paquin explained that the birds don't realize that there is glass between

them and the tree.

Safe Wings then turned to social media to try and find someone who could do something about it.

"David Chernushenko and Catherine McKenney's offices both got in touch to find out what could be done," said Paquin.

"They got the ball rolling to get approval to put something up in that walkway. There are city employees that are put-

ting up craft paper on the upper part of the window to start. That's where they're mostly hitting. Then they'll do the lower part of the window as well."

Paquin said that the temporary fix has made a big difference.

"I really think that we would have had 30 or 50 birds on the ground if that craft paper hadn't been up," said Paquin.



Birds that collided with the glass walkway at city hall.
ASHLEY MOFFATT / FOR METRO



A pedestrian plaza will be built beside the revamped Rideau Centre this spring. COURTESY CADILLAC FAIRVIEW CORP

URBAN PLANNING

Rideau remade as pedestrian plaza

Emma Jackson
Metro | Ottawa

Imagine a place to walk and talk, enjoy a coffee or read a book along Rideau Street.

Hard to believe? Well, it's true: a block of Nicholas Street between Rideau and Besserer will close to car traffic forever on Monday as construction begins on a new pedestrian plaza.

Funded mostly by Cadillac Fairview, which owns the Rideau Centre next door, Ogilvy Square will support "a variety of outdoor functions including cafés and programmable space for artistic installations and special events," according to the city.

It should open this summer, and will include street trees, bike parking and an "enhanced pedestrian surface."

Coun. Mathieu Fleury said the square will go a long way to revitalizing the area.

"Too long has Rideau Street been a bus mall," Fleury said.

"It will give us the look and feel we want for Rideau. It's a main street."

The pedestrian square will be the first section to open in the city's larger renewal project from Sussex Drive to Dalhousie Street.

The project is meant to inject some life and walkability into the crowded area.



Too long has Rideau Street been a bus mall.
Coun. Mathieu Fleury

Once done, Rideau's sidewalks will be wider — making way for benches, public art and trees — and the William Street crosswalk will be improved.

Fewer buses will choke the road, thanks to LRT opening in 2018, and cyclists will get proper street facilities, according to the Downtown Rideau BIA.

The square is part of Cadillac Fairview's ongoing Rideau Centre expansion, which should be complete this fall.

It includes the development of a Simons outlet on the corner of Nicholas and Rideau, behind the facade of the heritage Ogilvy department store.

APRIL 8-10

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MUSEUM OF NATURE BRIEF BUT BEAUTIFUL Sunday was the last day for the Museum of Nature's annual Ikebana display. Ikebana is a traditional Japanese art form in which artists such as Mitsugu Kikuchi, left, and Miki Mitchell turn spring flowers and plants into living sculptures that only last a few days. **HALEY RITCHIE/METRO**

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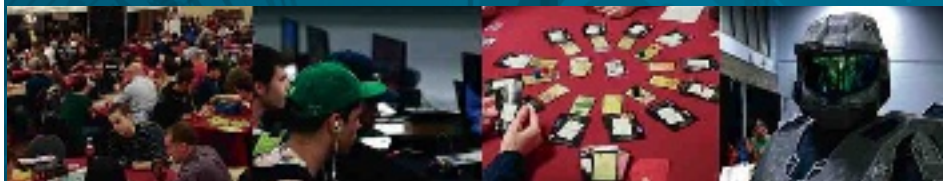
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Company pitches toonie-sized cam

TECHNOLOGY

Tiny device can be used for bikes, security, babies, drones



Haley Ritchie
Metro | Ottawa

An Ottawa company is hoping to make a big splash with a new Wi-Fi camera the size of a toonie.

When presenting the concept at Maker Faire New York last year, it became obvious to engineer Yunfeng Liu that a consumer version would be a hit.

He said his team started the project with the initial idea of selling the camera, known as WiCam, to other engineers as a component for use in their own products.

"When they see such a small camera a lot of people think about all the possibilities they could use it for," said Liu. "A lot of kids came to see it and they want to make their own toys."



Yunfeng Liu, Zhiyong Lin and Jian Huang are the engineers behind WiCam. **CONTRIBUTED**

Liu said other uses for the camera might include a body cam, baby monitor, security camera, drone camera or "dashboard" camera for bikes and cars.

The camera transmits video to a smartphone remotely via Wi-Fi or Bluetooth and is designed to run on low power on

a rechargeable battery.

After the response in New York, Liu travelled to China to connect with manufacturers.

So far, the company has raised more than \$112,000 on Kickstarter — more than double its goal of \$40,000.

Liu aims to have the camera shipped to funders in July.

Game aims to cut embarrassment

SEX ED

Algonquin College student wants to ease 'birds and bees'

Ashley Moffatt
For Metro | Halifax

Everyone remembers the awk-

ward birds and the bees talk they had with their parents.

Some people were so uncomfortable that they never had the talk at all, even though studies show talking about sex is the best way to prevent unwanted pregnancy and STIs.

So, that's why an Algonquin College student created her own trivia game, Blush, to make that conversation about consent and sexuality

a little easier.

Jennifer Desmarais came up with the idea while studying psychology at the University of Ottawa. She was taking as many courses as she could in human sexuality, and when the opportunity came up to do an independent study on adolescence and sexuality, she concept popped into her head.

"I did some research into 'The Talk,'" said Desmarais.

"The research was saying that if the parents do talk to their kids they're less likely to have sex at a younger age, to contract STIs and to get pregnant.

"So, I asked myself, how do I get parents to talk to kids?

"The research for helping parents and kids communicate, I found, was that just being together and playing games together was really important to help foster that relationship."

Her original concept was a board game. But Caroline Frechette, who works at publishing firm Renaissance Press, fell in love with the idea and suggested it would be better as a trivia game.

The questions vary from asking what is consent to what gender identity means.

A \$3,500 Kickstarter campaign has been started to cover the cost of producing the game.



Jennifer Desmarais.
COURTESY ROB OLSEN

CRIME

Reward offered in fatal hit-and-run

Ottawa Police announced a \$25,000 reward to help solve the fatal hit-and-run that killed 30-year-old Michael Morlang in August 2013.

Police hope the offer will lead to an arrest of the person responsible.

Morlang was struck at about 5:00 a.m. on Frank Kenny Road on Aug. 11, 2013.

Sgt. Walter McIlquham said that they had received over 100 tips on the case, but a suspect has yet to be identified.

"The person responsible for Michael's death has lived the last two and a half years without ever taking any responsibil-

ity for their actions," said his parents in a news release.

Anyone with information is asked to contact Det. Lianne McAughey of the Ottawa Police Service Collision Investigation Section at 613-236-1222 ext. 2481. METRO

\$25K

Police are offering a \$25,000 reward to anyone who can assist them in solving the case.

METRO

IN BRIEF

High school teacher faces sexual assault charges

A Barrhaven high school teacher has been charged with sexual assault after police allege she had a sexual relationship with one of her students.

Jessica Beraldin, 30, taught students in Grade 7 at Mother Teresa Catholic High School on Longfields Drive.

Charges include sexual assault, sexual exploitation, and making sexually explicit material available to a child.

Anyone with information should contact the Sexual Assault and Child Abuse Unit at 613-236-1222, extension 5944. METRO

Pedestrian hit on Hwy. 417

A 51-year-old man was thrown "a significant distance" after being struck by a Honda Odyssey minivan on the 417.

Paramedics responded to the westbound lane near Bronson at 2:30 a.m. Sunday.

The man suffered head injuries and multisystem trauma. He is in hospital in serious condition.

The incident is under investigation. METRO

Police make arrest after body found in Arnprior

An Arnprior man has been arrested in connection with a fatal hit-and-run.

The body of Christopher M. Walsh, 29, was found on the side of the road at around 4:48 a.m. on Saturday.

The accused, not yet named, was charged with failing to remain at the scene of a collision causing death. He was released from custody and is scheduled to appear in court on May 4. METRO

Man charged in shooting

An Ottawa man has been charged with 11 gun-related offences following a west-end shooting.

The Guns and Gangs Unit responded to the 900 block of Eiffel Avenue on March 28 at 9 a.m.

Hafta F. Mikail, 30, faces several charges, including possession of a firearm while prohibited, reckless discharge of a firearm, and unlicensed possession of a prohibited or restricted weapon. He was to appear in court on March 31. METRO

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Taking their community back

CRIME

Neighbours organize walk to campaign against violence

In an effort to halt the violence occurring on Jasmine Crescent, residents hope the third time bringing the community together will be the charm.

On March 8 police responded to reports of a man being shot at the corner of Jasmine Crescent and Ogilvie Road. When they arrived at the scene they found Nooredin Hassan, 20, on the ground. The man was pronounced dead at hospital.

In April 2015, Connor Stevenson was killed on the same street and in September, Issaiah Clachar, 17, was stabbed to death in a building on the same block in what the police said was not a random attack.

On April 10, Beacon Hill-Cyrville Coun. Tim Tierney will host a community safety march to get people to take back their neighbourhood.

This is not the first community event residents have held in response to the violence.

Previous to Hassan's murder, the other two deaths sparked outrage from the community — and included community members hosting meetings and gatherings, much like this upcoming walk to discuss how to stop the violence.

So hosting another community gathering may seem pointless but this time things are different, the councillor said.

This time, Tierney said, he believes the community can make a



Coun. Tim Tierney attends a prayer group on Jasmine Crescent on March 10, 2016, following the shooting death of 20-year-old Nooredin Hassan. JOE LOFARO / METRO

difference and stop the violence. "This one has gained a lot of attention," said Tierney.

In response to Hassan's death, Tierney contacted the chair of the Ottawa Police Services Board, Coun. Eli El-Chantiry, and demanded a meeting to find tangible solutions to the crime and violence in the community.

Such a meeting with Police Chief Charles Bordeleau and El-Chantiry took place on March 10, and Tierney said the meeting generated good results.

Following that, Tierney held

another meeting with community members on March 24.

Overall 21 community group leaders were in attendance, including Stevenson's mother.

Tim Nellis, president of the Gloucester Centre Hockey Association, sat at that table.

Invested in the issue because he wants to keep his hockey kids safe, Nellis attended the meeting to represent those children.

"It's about making sure the kids are pointed in the right direction, and I think the hockey association has a part in helping

with that," Nellis said.

He felt this time things are different because to his knowledge, this is the first time all the community groups are working together.

"The profile of the events ... the shootings have drawn attention to problems within the community," Nellis said. "Where there is smoke there is fire ... and that is part of the objective of this committee — to define what is going on."

Nellis added that he believes the community now sees there

is a pattern of violence.

"You only can ignore indicators for so long. When it is one, you are upset, but move on, when there is another one, maybe you think what happened was a coincidence, but the fact that it keeps happening ... Maybe it's not a big problem, but is it worth ignoring it? Let it fall by the wayside? No. If you want results, it has to start on the ground."

Nellis said he sees the walk as a way to take back the neighbourhood. Show that it can be safe.

Tierney said he thinks this time things are different because people are ready to work together. He added that to fight back on the violence, reporting and working with the police is the only way to go.

For the councillor, he said he will be pleased if at the end of the day those 21 group leaders continue to stay connected and work together.

"The best outcome is to connect the community and get people talking to each other."

The April 10 walk will begin at Lester B. Pearson Catholic High School at 2 p.m. and circle around Jasmine Crescent, ending at Gloucester High School. A Safety Open House will take place in the lobby of the Gloucester High School from 2:30 p.m. to 4 p.m.

MICHELLE NASH/METROLAND MEDIA



PERÚ: ELECCIONES GENERALES 2016

La Sección Consular de la Embajada del Perú en Canadá informa a la comunidad peruana residente en la jurisdicción que el **domingo 10 de abril** se llevarán a cabo desde las **08:00 de la mañana hasta las 04:00 de la tarde, las Elecciones Generales 2016**, para la elección del Presidente de la República, Vicepresidentes, así como Congresistas de la República y representantes peruanos ante el Parlamento Andino. Dicha actividad se llevará a cabo en el edificio de la Embajada: 130 Albert Street, K1P 5G4, Ottawa, Ontario (Segundo Piso).

Para votar será requisito indispensable presentar el Documento Nacional de Identidad (DNI) válido o vencido.

Cualquier duda sobre el particular contacte a la Sección Consular, teléfono: **613-233-2721** o al correo electrónico **seccionconsular@embassyofperu.ca**, o visite la página web de la ONPE: **www.onpe.gob.pe** así como del Jurado Nacional de Elecciones ("Voto Informado"): **www.votoinformado.pe**

Embajada del Perú en Canadá – Sección Consular

“Maybe it's not a big problem, but is it worth ignoring it? Let it fall by the wayside? No. If you want results, it has to start on the ground.” Tim Nellis

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Big bucks not a road to victory

EXPENSES

Money doesn't guarantee election results, analysis shows

Money can't buy you votes.

Or so it would seem, according to campaign financial reports filed with Elections Canada by the men and women who were seeking a House of Commons seat in last fall's federal election.

More often than not, the biggest spenders did not win on Oct. 19, an analysis by The Canadian Press indicates.

And while spending big bucks didn't necessarily guarantee victory, not spending enough to at least stay competitive with rival candidates was an almost certain path to defeat, the analysis shows.

Of the top 100 spenders in the election, 57 failed in their election bids, with 12 of those losing to a competitor who also cracked the top 100.

The results among the top 50 spenders were even worse, with about three-fifths of them — 31 candidates in all — running unsuccessfully. Of those, six lost to another candidate in the top 50.

The analysis is based on expenses reported by candidates that counted as part of their legal spending limits. It did not include personal and other expenses — like gas and mileage for a personal vehicle, child care or thank-you receptions for volunteers — which must be reported to Elections Canada but don't count against the spending cap.



Prime Minister Justin Trudeau at Liberal party headquarters in Montreal after winning the election. An analysis shows that the biggest spenders did not win on Oct. 19. THE CANADIAN PRESS FILE

The analysis may help explain why the marathon 11-week campaign came down to a battle between the better-resourced Liberals and Conservatives, with the NDP and Greens squeezed out.

On average, Conservative candidates spent \$90,665, outpacing the average \$71,660 spent by Liberals. The average New Democrat candidate spent just \$54,404 while the average Green spent a measly \$12,642.

University of Manitoba political scientist Royce Koop said there's no doubt money can help a candidate win, particularly in a close-fought riding.

"If you run a good campaign, well-funded campaign, well-staffed, you're going to be able

to get just ahead of your opponent and it turns out Canadian elections are getting more competitive. We're seeing more of these competitive races, so the importance of local campaigns and local spending and local campaign workers has become more important," Koop said.

Candidate spending limits for the 2015 campaign varied from riding to riding, based on geographic size and population — from a high of \$279,227 in Kootenay-Columbia to a low of \$169,928 in Egmont. Under new election rules imposed by the previous Conservative government, the spending caps for the lengthy campaign were more than twice what they would

have been for a more typical five-week federal contest.

That was widely seen as benefiting the Conservatives, whose riding associations across the country had amassed much deeper war chests.

Yet the analysis of the more than 1,500 candidate spending reports filed thus far suggests few took advantage of the increased limits.

Combined, candidates for the Liberals, Conservatives, NDP and Greens — the parties which ran full or nearly full slates in all 338 ridings across the country — were entitled to spend \$296 million. Yet their actual spending fell far short: just under \$63.1 million in total. THE CANADIAN PRESS

90,665

Average expenses, subject to spending limits, by Conservative candidates

71,660

Average expenses, subject to spending limits, by Liberal candidates

54,404

Average expenses, subject to spending limits, by NDP candidates

9.6M

Total amount of personal or other expenses that didn't count as part of the spending limits, reported by Liberal, Conservative, NDP and Green candidates

2.96

Lowest amount expensed by any candidate who filed with Elections Canada by Conrad Lukawski of the Rhinoceros Party in Ottawa Centre

ONLINE

Refugees search for sponsors

Muneer al Zahabi had been in Jordan for nearly three years among over half a million Syrians there crammed into apartments and camps. It was safer than sleeping in the bathtub in their house in Syria for protection from missiles.

They wanted a home in another country. But his family is five of 4.2 million refugees.

So Zahabi took things into his own hands. On the Immigration Department website, he found the list of more than 80 organizations who hold agreements with the government to facilitate the private sponsorship of refugees. And he started emailing them.

Then the Liberals were elected and promised to resettle 25,000 Syrians. Private groups working with the formal sponsorship agreement holders started springing up across the country. So Zahabi looked them up, posting his story on their Facebook pages and directly emailing the websites of others. The response was often similar — disbelief, mistrust. But late last year, something clicked.

Patricia Chartier had helped set up the email address for her Toronto-based sponsorship group. She was shocked by how many letters came directly from Syrians.

Among the emails was Zahabi's. Something drew her in, and she began trying to find someone who would sponsor his family. Zahabi does not want to get his hopes up too high. But at least someone was finally willing to listen, he said, and in Chartier, he now has a Canadian friend.

THE CANADIAN PRESS

NEWFOUNDLAND

Woman injured in plunge over cliff

A 20-year-old woman whose car plunged down iconic Signal Hill in St. John's jumped or was ejected just before it crashed partway down a rocky cliff Sunday high over the Atlantic Ocean.

St. John's platoon fire chief Rick Mackey said the woman somehow breached the gate at the popular national historic site around 8 a.m.

Mackey said the woman was either thrown or jumped from the vehicle as it nosedived over the wind-swept rock face just below Cabot Tower, coming to rest about 90 metres down the 250-metre cliff.

"As you can imagine, that was a bit of a new one for us," said Mackey, who has been a firefighter for 30 years. "I've never seen anything like that before."

Mackey said the woman, the car's only occupant, landed roughly 45 metres down the



One woman was taken to hospital after a dramatic crash on Signal Hill on Sunday. KEITH GOSSE/ST. JOHN'S EVENING TELEGRAM/THE CANADIAN PRESS

cliff face and was rescued by emergency crews within about 20 minutes. She was taken to hospital with serious injuries.

"I can't even speculate on how or why she managed to be up there," said Mackey, adding that

the investigation is ongoing.

Royal Newfoundland Constabulary spokesman Const. Geoff Higdon said no foul play is suspected. He said the woman's identity is not being released at this time.

Higdon said the car was in an area closed to traffic. A wooden gate down an access road below Cabot Tower was open Sunday afternoon and appeared to have been damaged.

Mackey said the badly-damaged Toyota Echo, which was teetering on the rocks in 100 km/h winds, has also been recovered. He said crews consulted with Parks Canada and made removing the car a priority.

"Because of the precarious position of the vehicle and all the hiking trails that are well-used up there, we needed to make sure that nobody would walk underneath the area that the car was perched," said Mackey.

"The winds were actually making the car move and it could have easily kept sliding down and it wouldn't have stopped until it went into the harbour."

THE CANADIAN PRESS

RISING COSTS

Rural areas struggle to fund policing

Smaller communities across the country have been grappling with what they view as an ever-increasing tax bite for policing they can barely afford.

Some say they have had to raise property taxes by as much as 20 to 30 per cent to pay for increases in police costs.

Christian Leuprecht, a professor at the Royal Military College of Canada who has studied the issue, said rising security costs are hurting communities across Canada.

"The real problem is in the rural areas," Leuprecht said. "Their tax base is stagnant. They're cannibalizing all other aspects of their budget to pay for policing."

Some communities, with their limited tax bases, are see-

ing upwards of 25 or 30 per cent of their total budgets go toward policing.

One hard-hit area is in rural eastern Ontario, where communities were surprised to discover they're paying tens of thousands of dollars for police service to wind turbines and cellphone towers.

The issue is especially galling, said one mayor, given his municipality's embrace of green energy.

"We've got 86 of them here so it's big numbers," said Denis Doyle, mayor of Frontenac Islands, population 2,000.

"We went out of our way to support the windmill rollout and now we feel like we've been kicked in the teeth."

THE CANADIAN PRESS

HISTORY

WWII vet, 93, finally gets his PoW medal

Edwin Shifrin's family knew he escaped from a Nazi prison camp during World War II, but it wasn't until one of his children started digging into his wartime past that they learned the details of the clever escape.

St. Louis, Mo. resident Shifrin, 93, seldom discussed his time at war, but he received a prisoner-of-war medal in February after son Dan Shifrin dug through old news reports and military records and pieced together what happened.

Shifrin landed on France's Normandy beach in June 1944 and was captured him on Aug. 7, and sent to Poland lockup Stalag IIIC.

He was among the camp's 1,000 prisoners, many of whom formed "an escape committee" and drew up a getaway plan.

Each morning when the Germans did a numerical headcount — no names were called out — a prisoner would hide, starting a futile search by guards. The befuddled guards

“We knew that he escaped. That’s about it.”

Dan Shifrin

would lower the next day's headcount by one.

That continued with four prisoners hiding. Eventually, four men actually escaped, but the guards didn't notice.

Shifrin and some other pris-

oners got their chance in mid-January 1945, weeks before the Russians liberated the camp. Dan Shifrin said they hitchhiked on Allied supply trucks and purloined rides on horses and bikes on their way to Italy. By that April, Shifrin was back on U.S. soil, in Boston.

“We knew he'd been in the war, that he had been captured and that he escaped. That's about it. He didn't talk about it,” said Dan Shifrin.

THE ASSOCIATED PRESS



Donald Trump speaks during a rally in Eau Claire, Wis. on Saturday. THE EAU CLAIRE LEADER-TELEGRAM/THE ASSOCIATED PRESS

Trump on defensive

U.S. PRESIDENTIAL RACE

Wisconsin loss could stem front-runner's momentum

A frustrated Donald Trump worked to right his campaign on Sunday after a rough week and found himself on the defensive just two days before the closely watched primary in Wisconsin where he faces the prospect of a loss that could stem his momentum toward securing the Republican presidential nomination.

Trump trails Texas Sen. Ted Cruz in the polls in Wisconsin. A loss in Tuesday's primary will raise doubts that the billionaire real estate mogul can net the needed delegates to win the nomination outright, making it far easier for his party to oust him in a floor fight at the national convention in July.

Cruz, Trump's closest challenger, has only a small chance to overtake him in the delegate hunt before the convention. Ohio Gov. John Kasich has none.

Trump called for Kasich to drop out of the Republican race, arguing that the Ohio governor who's only won his home state so far shouldn't be allowed to continue accumulating delegates if he has no chance of being the nominee.

Working to recover his edge after a difficult week, Trump said Kasich could ask to be considered at the Republican convention in Cleveland even without competing in the remaining nominating contests. Trump told reporters at a Milwaukee diner that he had relayed his concerns to Republican National Committee officials at a meeting in Washington this past week.

“He's taking my votes,” Trump said about Kasich.

Kasich's campaign tried to flip the script, contending that neither Trump nor Texas Sen. Ted Cruz would have enough delegates to win the nomination outright going into the convention.

Trump's declaration came as Republican concerns grew about the prospect of convention chaos if Trump fails to lock up his party's nomination — or even if he does.

Republicans fear an unseemly internal fight would damage the party in November's general election, and Trump isn't ruling out the possibility that if he's not the nominee, he could run as an independent, likely sinking Republican chances for winning the White House.

Wisconsin has emerged as a proving ground for anti-Trump forces as the front-runner's campaign stumbled, leading his rivals to question his maturity as a candidate.

THE ASSOCIATED PRESS

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BRUSSELS

Airport rebounds

It was an emotional send-off on Sunday for a Brussels Airlines plane heading to the Portuguese city of Faro — the first passenger flight to take off from Brussels Airport since suicide bombings on March 22 ripped through its check-in counters and killed 16 people.

Airport officials suggested the first flight out was a symbolic victory over those who sowed death and hate, but said it would be months until full service is back.

Security at the airport was tight with new check-in procedures for passengers in temporary structures.

Two other planes were leaving Sunday — Brussels Airlines flights to Athens and Turin, Italy. The three flights were a test run for a European aviation hub that used to handle 600 flights a day and plans to slowly climb back to normal capacity.



It will take time to accept what happened and more time to get over the pain.

Arnaud Feist

Arnaud Feist, the CEO of Brussels Airport Co., said at a Saturday news conference that the three flights were a “sign of hope” following “the darkest days in the history of aviation in Belgium.”

On Sunday, he thanked employees for their courage, solidarity and the “impressive work carried out in so little time.”

“We are more than an airport ... We are a family more bound together than ever,” he said.

Damage was extensive when suicide bombs exploded near its crowded check-in counters 12 days ago, killing 16 and maiming people from around the world.

THE ASSOCIATED PRESS

Leaked data reveals info on offshore accounts

PANAMA PAPERS

Records detail holdings of world leaders and others

An international coalition of media outlets on Sunday published what it said was an extensive investigation into the offshore financial dealings of the rich and famous, based on a vast trove of documents provided by an anonymous source.

The International Consortium of Investigative Journalism, a non-profit organization based

in Washington, said the cache of 11.5 million records detailed the offshore holdings of a dozen current and former world leaders, as well as businessmen, criminals, celebrities and sports stars.

The Associated Press wasn't immediately able to verify the allegations made in articles that were published by the more than 100 news organizations around the world involved in the investigation.

However, the German newspaper Sueddeutsche Zeitung, which first received the data more than a year ago, said it was confident the material was genuine.

The Munich-based daily was

offered the data through an encrypted channel by an anonymous source, said Bastian Obermayer, a reporter for the paper.

The data concerned internal documents from a Panama-based law firm, Mossack Fonseca. Founded by German-born Juer-gen Mossack, the firm has offices across the globe and is among the world's biggest creators of shell companies, the newspaper said.

ICIJ said the law firm's leaked internal files contain information on 214,488 offshore entities connected to people in more than 200 countries and territories.

Obermayer said that over the course of several months Sueddeutsche Zeitung received about

2.6 terabytes of data — more than would fit on 600 DVDs.

The newspaper and its partners verified the authenticity of the data by comparing it to public registers, witness testimony and court rulings, he told the AP. A previous cache of Mossack Fonseca documents obtained by German authorities was also used to verify the new material, Obermayer added.

Among countries with past or present political figures named are Iceland, Ukraine, Pakistan, Saudi Arabia and Russia.

The ICIJ said the documents included emails, financial spreadsheets, passports and corporate records detailing how powerful

+ ACCOUNTS

According to the media group's website, global banks including HSBC, UBS, Credit Suisse, Deutsche Bank and others have worked with Mossack Fonseca to create offshore accounts.

figures used banks, law firms and offshore shell companies to hide their assets. The data spanned a time frame of nearly 40 years, from 1977 through the end of 2015, it said. THE ASSOCIATED PRESS



DEPORTATION OF MIGRANTS TO BEGIN

A Syrian refugee holds a child carrying a placard reading “we ask the EU governments to help us,” and a distressing claim, as refugees and migrants protest on Sunday. An agreement between the European Union and Turkey to deport migrants on Greek islands back to the Turkish mainland takes effect Monday morning. Migrants arriving in Greece will be sent to Turkey if they don't apply for asylum. For every person sent back, the EU would take in one person with a legitimate asylum request. AFP/GETTY IMAGES/THE ASSOCIATED PRESS

IN BRIEF

Rain, floods kill 45 in northwest Pakistan

Flash floods triggered by torrential rains Sunday killed at least 45 people in northwest Pakistan, officials said.

Rains started overnight Saturday and caused flash flooding in several districts of Khyber Pakhtunkhwa province, said a Pakistani national disaster management official, Latif ur Rehman. Another 34 people were admitted to hospitals with injuries, he said.

THE ASSOCIATED PRESS

U.S.

Two dead in Philadelphia train derailment

An Amtrak train struck a piece of construction equipment just south of Philadelphia on Sunday causing a derailment, killing two Amtrak workers and sending more than 30 passengers to hospitals, authorities said.

Train 89 was heading from New York to Savannah, Georgia, at about 8 a.m. when it hit a backhoe that was on the track in Chester, about 15 miles outside of Philadelphia, officials said. The impact derailed the lead engine of the train that was carrying more than 300

passengers and seven crew members.

Chester fire commissioner Travis Thomas said two people were killed.

U.S. Sen. Chuck Schumer said that he was told by Amtrak board chairman Anthony Coscia that the workers killed were the backhoe operator and a supervisor, both Amtrak employees. He said debris from the crash flew into the first two cars, causing the injuries to passengers.

Schumer said it's unclear whether the backhoe was per-

forming regular maintenance, which is usually scheduled on Sunday mornings because there are fewer trains on the tracks, or whether it was clearing debris from high winds in the area overnight. But he said Amtrak has “a 20-step protocol” for having backhoes on the track, and no trains are supposed to go on a track where such equipment is present.

“Clearly this seems very likely to be human error,” Schumer said, calling for Amtrak to review its processes.

THE ASSOCIATED PRESS



Amtrak investigators inspect the deadly train crash in Chester, Pa., on Sunday. THE PHILADELPHIA INQUIRER/THE ASSOCIATED PRESS

DIGITAL

Netflix cracks down on virtual border hoppers

Canadian Netflix subscribers are the only ones who can't peek into the halls of Degrassi: Next Class. Viewers in Africa and Turkey can't see how the prisoners at Litchfield penitentiary are faring in Orange is the New Black.

Not all Netflix libraries were created equal due to international copyright and content licensing restrictions.

Some web-savvy folks have overcome those obstacles by streaming pirated content for free or using a virtual private net-

work (VPN) to trick Netflix into streaming the shows and movies available in another country.

But it seems Netflix is tired of it. The company is cracking down on piracy and digital border hopping amid a global expansion that only omits China, Syria and Crimea.

Netflix has reportedly hired Vobile Inc., a company that helps firms protect their original content on the web, to tackle its piracy woes.

Over roughly the past four

months, Vobile filed more than 350 takedown notices to Google, according to Lumen, a Harvard University Berkman Center for Internet and Society project studying online content takedown requests. The notices ask Google to remove the suspected URLs from its search results.

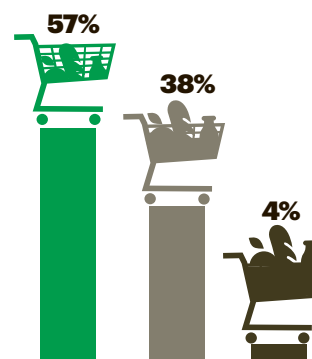
These requests pinpointed more than 96,000 URLs, according to Google's transparency report, many of which host streams to Netflix's original shows like House of Cards. Vobile did not

respond to request for comment. But both Lumen and Google connect Vobile to the copyright owner Netflix2.

The company also seems to have stepped up its efforts to prevent customers from using VPNs.

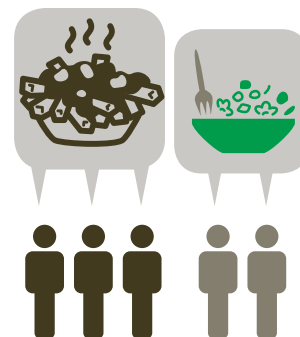
"In coming weeks, those using proxies and unblockers will only be able to access the service in the country where they currently are," David Fullagar, Netflix's vice-president of content delivery architecture, wrote in January.

THE CANADIAN PRESS



More than half of all Canadians say it's become more difficult to afford to feed their households in the last year. Just 4 per cent say it's easier

In addition to switching to cheaper brands when shopping (71%), two-in-five (40%) say they've been choosing less healthy options in the aisle



GRAPHICS BY ANDRES PLANA

Two-in-three Canadians (63%) say rising food prices haven't been receiving enough attention from Canada's leaders, and more than half (53%) say the issue is "one of the most important" facing the country today

B.C. firm vs. cyberbullies

INTERNET

Tech company guards virtual worlds against online trolls

As online communities come under the attack of cyberbullies, racist speech and spam, a British Columbia tech firm has developed technology to keep the trolls under the bridge.

Community Sift, based in Kelowna, has built digital armour for social media and gaming companies trying to protect their virtual worlds. The chat filter and moderation tool examines real-time website commentary, chat room conversations and banter between game players.

"We're not just talking about four-letter words," said CEO Chris Priebe, a senior programmer and security specialist. "We want to get rid of bullying across the entire Internet."

The firm's technology advances a global campaign against



CEO Chris Priebe and COO Karen Olsson THE CANADIAN PRESS

digital abuse in part spurred by the 2012 suicide of Amanda Todd, a teenager from Port Coquitlam, B.C., who was victimized by online sexual exploitation.

"The Amanda Todds of the world, we want to prevent that," said Karen Olsson, the firm's chief operating officer. "We want to be part of the solution."

Based on the firm's analysis of four billion messages sorted daily, less than one per cent of social users behave badly yet they're causing the bulk of harm. THE CANADIAN PRESS



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ROSEMARY WESTWOOD ON A SUDDEN VICTORY FOR ABORTION RIGHTS

Last Thursday came the amazing announcement from P.E.I.'s premier that decades of anti-abortion policies in the province were over — a truly stunning about-face for a province that has long tied itself in knots to placate pro-life voices.

In the end, abortion access in P.E.I. came down to the threat of a lawsuit.

For years, the province's Liberal government had been arguing it was doing right by women, offering to pay for them to have elective abortions at one of two pre-approved hospitals in other provinces. Travel and food costs? Not covered. Never mind lost wages or childcare.

In a stance that hadn't changed (no matter the political stripes of the ruling party) since 1988, when the Supreme Court struck down Canada's abortion law, P.E.I. has been governed by the contrarian Resolution 17. It states "life begins at conception, and any policy that permits abortion is unacceptable" (though it does allow abortions when the mother's life is at risk).

The lawsuit, announced in January and viewed by some as a last-ditch effort, claimed that all this violated P.E.I. women's charter rights. It was expected to drag on for years and run up a \$100,000 bill.

But then, last Thursday, came the rather amazing announcement from P.E.I.'s premier that decades of anti-abortion policies in the province were over.

Amazing because the last safe, elective, in-province abortion occurred in 1982. Amazing because a decades-long fight ended with a sudden government announcement.

"Based on legal advice that current policies regarding access to in-province abor-

tion services would likely be in violation of the Canadian Charter of Rights and Freedoms, government determined that the most responsible approach is to revise the policy rather than embark on a long and costly court case," Premier Wade MacLauchlan said. In other words: "Uncle." Just like that.

And in the nick of time: The province had until next Friday to respond to the law-

suit. And the lawsuit would break the camel's back.

Colleen MacQuarrie, an associate professor of psychology at the University of Prince Edward Island, was a teenager when the last elective abortion was performed. She remembers "a very rancorous public campaign of shaming women and eradicating access to safe abortions."

Rancorous, and effective.



SAYING 'UNCLE' P.E.I. Premier Wade MacLauchlan announced his government will not fight a legal challenge launched by the group Abortion Access Now. JOHN MORRIS/THE CANADIAN PRESS

suit's allegations. The premier himself admitted the suit had forced the government's hand. Abortion access could be up and running by the end of the year, he said.

It is a truly stunning about-face for a province that has long tied itself in knots to placate pro-life voices. It did not offer in-province abortions when Health P.E.I.'s own investigation showed such a move would save money, in 2013. It did not agree to in-province abortions when a Washington-based organization offered to ship in doctors to perform them, in 2014. It did not offer in-province abortions when a 2014 research study found the province's system was harmful to women.

But that research would

greatly inform the lawsuit. And the lawsuit would break the camel's back.

Colleen MacQuarrie, an associate professor of psychology at the University of Prince Edward Island, was a teenager when the last elective abortion was performed. She remembers "a very rancorous public campaign of shaming women and eradicating access to safe abortions."

Rancorous, and effective.



Catherine McKenna's candid talk on carbon is blunt for a politician



Tim Harper

You can leaf through a calendar and point to a number of spots where a Liberal government seemingly on cruise control is heading for some heavy weather.

You can choose assisted suicide or electoral reform or the future of health care — but if you bet on a national carbon pricing regime and a battle over a pipeline heading east from Alberta as the toughest challenges in the near-term you would probably win a few bucks.

Catherine McKenna, the federal environment minister, made that clear at the just-concluded Broadbent Institute's Progress Summit where she delivered the type of blunt talk one doesn't come to expect from politicians.

She sat on a panel with two other women — and that in itself was both notable and positive. Alberta environment minister Shannon Phillips and Vancouver city councillor Andrea Reimer joined her and they all spoke of collaboration, respectful discussion and "tantrum-free zones" as the way ahead on climate change.

But Phillips reminded the Ottawa crowd that people are hurting in her province, that \$10 billion in royalty revenues have disappeared, that good-paying oilpatch jobs are gone, that homes and vehicles are being lost, that domestic violence is rising and charitable donations are down.

Health P.E.I. offered a new, single and effective target for abortion-rights activism.

MacQuarrie describes a swell of community support for her research, which spawned Abortion Access Now PEI, the group that brought the lawsuit, with the support of the national women's-rights non-profit Women's Legal Education and Action Fund (LEAF).

Via interviews, including with two dozen women who had sought abortions, the study revealed that women found the system needlessly complicated and "intensely punishing." Some women were blocked outright from getting abortions, "others self-induced through painful procedures at home," according to a summary of the findings.

"The lawyers drew extensively on the work in the community" to build their case, MacQuarrie said. Her research became legal evidence. And that evidence was so convincing that P.E.I. balked at challenging it in court.

Which means, in the end, it came down to women's voices, carefully collected, forcefully broadcast. "More than once they said, 'I've never told anyone and I'm only telling you this now so it will change for the next woman,'" MacQuarrie said.

P.E.I. had "callously compromised women's health for political expediency," MacQuarrie said, showing it didn't "give a care" about the women's experiences and suffering. But the broad-based and rowing abortion-rights activists on P.E.I. had a single, clearly definable goal. They pursued it doggedly.

And while it seems uncanny, on some level, that such a fierce battle could end with such a simple white flag, it is also instructive. You can lose for decades, and then, spectacularly: You win.

McKenna wants to lead the transition to a low-carbon economy, but she is dealing with diverse provincial economies, raw political sensibilities and those in the oilpatch who are not just hurting economically but are starting to believe this Liberal government would just as soon leave the bitumen in the ground and move ahead without them.

"I'm a realist on this. There are a lot of people who have lost jobs in Alberta," McKenna said. "That doesn't mean we destroy our planet, but we need to be thoughtful of how we move forward."

And she also realistically told the audience that there are still many Canadians who don't see climate change as a threat.

The federal government is the regulator and it can impose its carbon will on the provinces, but bringing the federal hammer down is a great way to split the country, McKenna knows.

"If we do something overnight that has a huge, immediate dislocating effect on the economy where tons of people lose jobs, I'm losing everyone. I'm losing them," she said.

And she acknowledged the political dynamite her government is handling.

"I get nervous about the way the conversations sometimes go, that it's east versus west," she said. "There will be hard conversations."

Here's hoping they are also "tantrum-free."

Tim Harper is a national affairs columnist for the Toronto Star.

In the end, it came down to women's voices, carefully collected, forcefully broadcast.

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BIG WINNER

The Weeknd takes home five trophies at Juno Awards



As far as weekends go, the Weeknd had a great one.

The Ontario-born performer, pictured below, took home five Juno Awards, including single of the year and album of the year.

Notoriously media shy — he didn't even show up at the Saturday night gala where he won his first three awards, and declined to speak to press during the broadcast awards on Sunday — Abel Tesfaye's fans couldn't be silenced.

Waves of applause followed his acceptance speeches and mid-show performance where he sang a medley of Acquainted and Might Not — for the first time on television.

The crowd's enthusiasm was apparent during the night, but especially during newcomer Alessia Cara's performance of her hit single Here. The 19-year-old performed the song amid a tableau of performers set against the tepid house party described in her lyrics.

Cara took home the



Alessia Cara performs at the Juno Awards In Calgary. ALL PHOTOS: CANDICE WARD/FOR METRO

breakthrough artist of the year award.

Of the nominees, which included Scott Helman and Francesco Yates, Cara was the most searched name on Google in

the past year.

The evening was hosted by Jann Arden and Jon Montgomery. Arden played up her Calgary heritage, even joking about getting kicked out of the Saddledome before, and disappearing during the awards, at which point Montgomery cut to a video of Arden having to pick up the

award statuettes and racing to get back to the broadcast.

Although the pair generated their share of laughs, the limelight belonged to Walk Off The Earth — specifically, the son of one of the band members who was brought on stage when they won group of the year.

The little boy was sporting

WINNERS

Many of the awards were handed out at a Junos Gala Saturday night.

- Justin Bieber took pop album of the year for Purpose and Drake won rap recording of the year for If You're Reading This It's Too Late.
- Death from Above 1979 won rock album of the year for The Physical World, the band's first studio release in a decade after breaking up for several years.
- Vancouver husband-and-wife duo Dear Rouge were chosen as breakthrough group of the year.
- Cree singer/songwriter Buffy Sainte-Marie's latest Power in the Blood claimed two awards for aboriginal album and contemporary roots album of the year.

THE CANADIAN PRESS

stylish pink and orange earbuds, presumably because the venue was so loud.

The other big award given out during the Sunday broadcast was country album of the year, presented by rapper Kardinal Offishall and Indian-Canadian comedian Jus Reign, who made light of the fact they knew little about country music. Dean Brody won the award for Gypsy Road.

The award show packed the Scotiabank Saddledome, and saw a bevy of Canadian music starts filter into the Calgary venue.



JOHANNA SCHNELLER WHAT I'M WATCHING

Brilliant combo of murder and humour

THE SHOW: American Crime Story: The People v. O.J. Simpson, Season 1, Episode 9 (FX)

THE MOMENT: The would-be screenwriter

A dozen high-priced attorneys for accused murderer O.J. Simpson sit at a conference table discussing new evidence: A woman in North Carolina has interview tapes of L.A. police detective Mark Fuhrman making racist remarks. The camera pans from close-up to close-up on each

speaker. "Why didn't she sell them to the media?" asks Robert Shapiro (John Travolta).

"She'd rather sell her screenplay," replies Robert Kardashian (David Schwimmer). "She's a wannabe screenwriter. She couldn't make a living in L.A., so she moved to North Carolina to teach screenwriting."

"I don't understand," says Barry Scheck (Rob Morrow), who's from Boston — the only out-of-towner in the room. "How can you teach screenwriting if

you can't sell a script?"

The camera swoops up to look down on the whole table, as everyone answers his question at once: "Ah, come on, happens all the time," etc.

This moment filled me with cackling delight. A Hollywood punchline, in the middle of a deadly serious development — that is the kind of brilliance this show delivers week after week.

The scene is both a private joke for real screenwriters, and a piece of biting commentary:

Everyone wants what L.A. offers, even if they have to move somewhere else to imitate it.

Similarly, this series is both a thoroughly reported account of the Simpson trial, and a contemporary everystory about how our stubborn opinions and reverence for fame willingly blind us to facts. (Donald Trump, anyone?).

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



David Schwimmer plays high-powered lawyer Robert Kardashian in The People v. O.J. Simpson. CONTRIBUTED

There are hidden costs to home ownership

PROS AND CONS

Dispelling the myth that renters are wasting money

Gail Vaz-Oxlade
For Metro Life



Home ownership may have been sold as the Canadian dream, but it's not for everyone.

So how do you know if ownership is the thing for you or if renting will serve your needs the best? First, have you got the cash flow to make home ownership work?

When people say that home ownership costs the same as renting they're talking out their hats.

I live in a fully-paid-for home and it cost me \$1,400 a month to carry my house in 2015.

There are property taxes, insurance, utilities and maintenance. Ah, maintenance, the

part of the equation everyone wants to sweep under the rug. But if you do, you shouldn't be surprised when your most expensive indulgence comes tumbling down around your ears.

Do the math:

1. Figure out what you'd likely spend to buy a place of your own.
2. Calculate the mortgage payment.
3. Add in the property taxes (monthly, you can estimate \$400), utilities (need an estimate? Try \$250/mo.), property insurance (I pay about \$120/month) and maintenance (estimate \$400/month for now, it probably needs to be more, but that's a start). That's what it'll cost you to carry your new home.
4. Subtract the rent you're currently paying and put the difference into a high-interest savings account every single month.

If you can do that without missing a step — and that means not using your credit card or line of credit or overdraft protection to fill the gap

— then you're ready to start planning for home ownership.

If not, keep renting. Next, think about whether you want to put down roots or like being able to pick up and go when the opportunity arises. Is relocating for work a thing you'd consider? If so, the costs of buying and selling may be prohibitive.

The sales commission, closing costs, legal fees and land transfer taxes can wipe out any equity you've built up, assuming the market has been going up in your area.

And if the market has taken a turn for the worse just when you're pulling up roots, you'll have to swallow the loss.

It's time to stop thinking that people who don't have home ownership as a goal are lacking in ambition, unmotivated, or lower than the belly of a snake. Sure, home ownership works for some people. For others, it doesn't, plain and simple.

For more money advice, visit Gail's website at gailvazoxlade.com



Now that Annick is consumer-debt free, will she make good money choices? **Metro's finance guru Lesley-Anne Scorgie** has only a few weeks left to hammer home the financial wisdom she's trying to share with Annick and Yolanda.

Annick crushes consumer debt



LESLEY-ANNE SCORGIE
metromoney

THE CHALLENGE: Annick, 24 and from Calgary and Yolanda, 27 and from Mississauga, have only two weeks left in Metro's 12-week financial Makeover. Financial guru Lesley-Anne Scorgie is helping these women break bad financial habits, eliminate their debt and start saving and investing for the future. Can these young women reach their net worth goals (assets minus liabilities)? Follow us @LesleyScorgie #MetroMoneyMakeover

THIS WEEK: Annick finally gets a financial break. Unlike previous years in which she's had to pay Canada Revenue Agency, after filing her taxes for 2015, she's received a sizable refund.

NEXT WEEK: Yolanda and Annick have overhauled their finances, but has it been enough to steer their financial ships in a better direction? We're going to showcase their money milestones and identify financial pitfalls they'll need to avoid as we conclude the Metro Money Makeover

THE SITUATION

It's almost enough to bring someone to tears — the day they become debt free. Minus her student loan, that happened for Annick late last week!

She's been lugging around thousands of dollars in loans and credit card balances for years due to the high costs of her education, setting up her home here in Canada (she's originally from the Democratic Republic of Congo), a few too many splurges on shoes and concert tickets (Beyoncé being the latest), and dealing with Alberta's rotten economy.

H&R Block's Caroline Battista agreed to meet with Annick about her taxes a few weeks ago and quickly uncovered unused tuition credits from 2012. When combined with her contribu-



NETWORTH:
\$ -57,200

Annick is all smiles after decimating her consumer debt.

JENNIFER FRIESEN/METRO CALGARY

tions to her group RRSP through work and other applicable tax credits, a refund of \$2,780 was issued to Annick. The government immediately clawed back \$280 of the refund because of last year's taxes owing. But with the remaining \$2,500, Annick hasn't wasted a single moment. She's paid off her credit card balances of \$1,675 and other loans totalling \$350. This has left her with \$475 from which she can apply the one third rule: 1/3 to savings, 1/3 to her student loan and 1/3 to spend how she wishes.

THE LESSON

The moment a person becomes consumer debt-free, their monthly cash flow transforms. In Annick's case, she was ploughing \$750 to \$900 per month towards her debts and now she can use that money towards other goals such as building a down payment for her first home or eventually returning to school to complete graduate studies in business. Rather than waking up with the weight of financial worry on her chest, she can start dreaming about her future.

The next three months will be critical for Annick. The temptation to spend her newfound

cash flow is huge. It's generally the period of time in which a person either reverts back to old, and unhealthy, financial habits, or they learn the lessons permanently and never return.

The unknown for Annick is whether she's suffered enough financial hardship to learn that financial freedom only comes to those who are willing to work for it and to those who don't repeat the same financial mistakes.

\$ NET WORTH

Assets	Dec.	April
RRSP	350	1,000
Total Assets \$1,000		
Liabilities		
Student Loan	58,800	58,200
Visa	1,500	0
MasterCard	650	0
Other Loans	1,600	0
Taxes	250	0
Total Liabilities (\$58,200)		
Net worth (\$57,200)		

LESLEY-ANNE SCORGIE IS A BESTSELLING AUTHOR AND FOUNDER OF MEVST, A MONEY COACHING SERVICE FOR CANADIANS. FOLLOW HER @LESLEYSCORGIE

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April 12 to July 2, 2016

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April 12 to July 2, 2016

Evenings: 6 pm to 9 pm (6 Levels)

NEW! Saturdays: 9 am to noon (2 Levels)

FULL TIME

4 weeks (60 hours in class and 60 hours online)

FRENCH AS A SECOND LANGUAGE (6 LEVELS)

April 25 to May 20, 2016

Levels 1, 3 and 5: 9 am to noon

Levels 2, 4 and 6: 12:30 pm to 3:30 pm

ENGLISH AS A SECOND LANGUAGE

April 25 to May 20, 2016

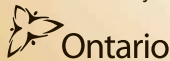
NEW! Level 2-3: 9 am to noon; **Level 4:** 12:30 pm to 3:30 pm

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Strong start in St. Pete

OPENING DAY

Stroman goes eight strong as Blue Jays get victory No. 1


Marcus Stroman outpitched Chris Archer in his first opening day start, helping the Toronto Blue Jays begin defence of their first AL East title in 22 years with a 5-3 victory over the Tampa Bay Rays on Sunday.

Stroman allowed three runs and six hits over eight-plus innings for the Blue Jays, who won 93 games in 2015 before making a run to the AL Championship Series in their first playoff appearance since 1993.

Troy Tulowitzki hit the first home run of the 2016 MLB season, a two-run shot for Toronto. Edwin Encarnacion had two hits and drove in two runs after not having an at-bat in a major league exhibition all spring training because of injuries.

The Blue Jays, the highest-scoring team in the majors last year, struck quickly on Encarnacion's two-run single in the first.

Archer struck out a Rays opening-day record 12 in five innings. But Encarnacion got him early and Kevin Pillar added an RBI single in the fourth. The



Marcus Stroman
GETTY IMAGES

SUNDAY At Tampa Bay

5

JAYS

3

RAYS

right-hander limited the Blue Jays to five hits, but walked three during a 107-pitch outing.

Evan Longoria had two hits and drove in Tampa Bay's first run with a third-inning single. Off-season acquisition Corey Dickerson added a solo homer off Stroman leading off the ninth and Kevin Kiermaier drove in the final run charged to the starter with a bloop single off Roberto Osuna.

Osuna got the last three outs for the save.

At 24 years, 338 days old, Stroman became the third-youngest pitcher to make an opening day start for the Blue Jays. He earned the assignment after making just four starts, going 4-0 with a 1.67 ERA, in 2015, when he missed most of the season after undergoing surgery on his left knee during spring training.

Veteran Toronto knuckleballer R.A. Dickey starts the second game of a four-game series Monday. He was 11-11 with a 3.91 ERA in 2015.

Lefty Drew Smyly, 5-2 with, 3.11 ERA in 12 starts last season, will be lining up opposite Dickey. He's 1-0 with a 1.10 ERA in five career appearances, including two starts, against the Blue Jays.

THE ASSOCIATED PRESS



Troy Tulowitzki hit his first home run of the season in Sunday's season opener in St. Petersburg, Fla.
BRIAN BLANCO/GETTY IMAGES

IN BRIEF

Sweet for captain Morgan

Leicester surged seven points clear at the Premier League summit by reeling off a fourth successive 1-0 victory Sunday, with Wes Morgan's first-half bullet header seeing off Southampton.

By netting his first goal of the season, Morgan is a step closer to becoming the first Leicester captain in the club's 132-year history to lift the English top-flight trophy next month. In Sunday's other game, Manchester United defeated Everton 1-0.

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Herman holds his nerve

Jim Herman picked the right time for his first PGA Tour victory. He closed with a 4-under 68 on Sunday to win the Shell Houston Open and earn his first trip to the Masters.

Herman chipped in for birdie on the par-3 16th hole to take the lead. He finished with two solid pars and beat Henrik Stenson by one shot.

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Miami joy for Djokovic

Novak Djokovic won a record-tying sixth Key Biscayne title and his third in a row Sunday, beating Kei Nishikori 6-3, 6-3 in the Miami Open final.

The top-ranked Djokovic improved to 28-1 this year. His only loss came when he retired during his quarterfinal against Feliciano Lopez in Dubai with an eye infection.

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1310

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RECIPE Thai chicken curry



PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

- Pinch salt
- Fresh coriander, chopped
- Lime wedges, to serve

Directions

1. Heat the oil in a large frying pan. Fry the curry paste and spices for a couple of minutes

2. Add 1/3 of the coconut milk and reduce the heat. Add the chicken and stir until the spices and milk combine.

3. Add the remaining coconut milk then stir in the sugar, fish sauce and lime leaves. Bring the sauce to the boil, simmer for a few minutes then add the peanut butter and salt.

4. Simmer for 20 minutes. Garnish with the chopped coriander and serve with the lime wedges.

FOR MORE MEAL IDEAS, VISIT
SWEETPOTATOCHRONICLES.COM

If you can get your hands on fish sauce, it really does make a difference in the depth of flavour in this (and many other) creamy, not-too-spicy curry.

Ready in

Prep time: 5 minutes
Cook time: 30 minutes

Ingredients

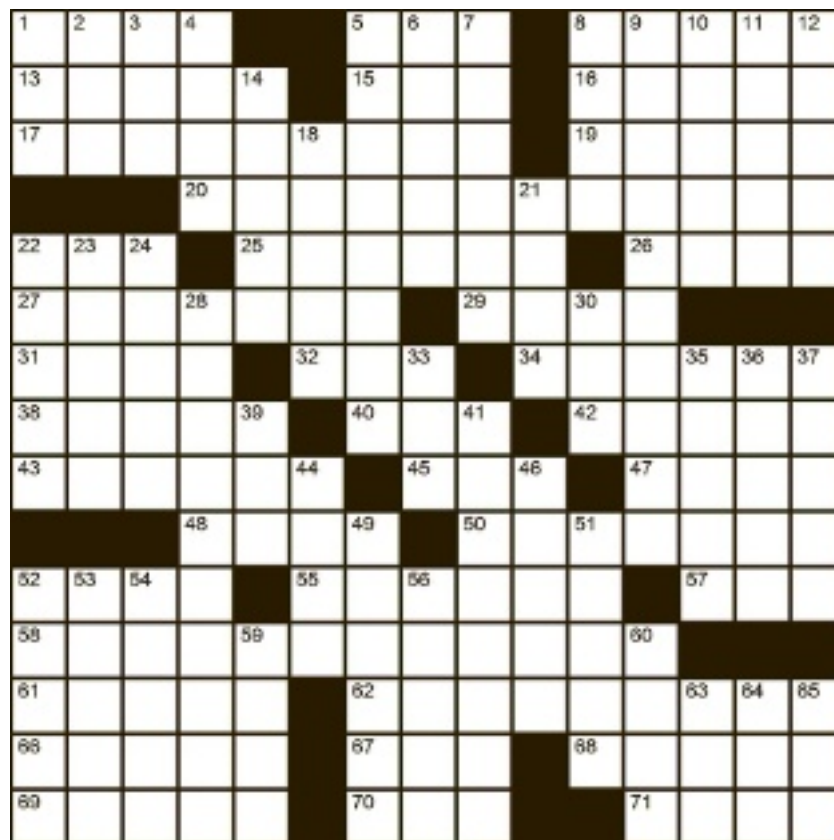
- 3 Tbsp vegetable or coconut oil
- 3 Tbsp curry paste
- Pinch ground cumin and ground coriander
- 1 1/2 cups (350 ml) coconut milk
- 1 1/2 lb (750g) chicken thighs or breasts, cut into chunks
- 2 Tbsp sugar
- 2 Tbsp fish sauce
- 1 Tbsp lime leaves (optional)
- 2 Tbsp peanut butter

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

- Unfeeling
- One of WWW's Ws
- Ms. Bombeck's
- Burning
- Plastic __ Band
- Pastoral print
- Lululemon selections: 2 wds.
- House of Henry VIII
- Hotel casino in Las Vegas: 2 wds.
- Word variety, briefly
- British soap opera, to fans
- "__ Rebel" by The Crystals
- Disney 'work' song
- Have __ ' (Know 'somebody')
- Earth goddess in Das Rheingold
- Vienna is its cap.
- Tip-offs
- New World citizens, e.g.
- Canuck band, __ 41
- Contempt
- "Zip-a-Dee-__-__"
- __Oil (Skin-care brand)
- Bout ender, commonly
- Old Testament bk.
- "I Don't Feel Like Dancin'": __ Sisters hit
- For instance, __ example
- Wretched
- Demolition blaster
- Quebec head-



- quarters of hardware chain Rona
- Prefix to 'plasty' (Blood vessel procedure)
- Band member's post-breakup venture: 2 wds.
- Urals uh-uhs
- __ out (Just

- manage)
- Dainty denial
- Screen legend Mr. Cooper's
- Mr. Cruz
- Gladiator's 1104

DOWN

- Thwarter's vote
- Martian's mini

- maneuveree
- Aircraft in "Top Gun" (1986)
- Talk big
- Fantastic
- Participate
- __ and Herzegovina
- Shakespeare: " __ Brute?"

- Calgary __ (National Lacrosse League team)
- Moose's girlfriend in Archie Comics
- A Lesson from __ (Athol Fugard play)
- Bed company
- Era
- 1973: "Elvis: __

- from Hawaii"
- "99 Luftbal-lons" band
- Out front
- Skin doctor, fun-style
- 'V' in VCR
- Winnipeg neighbourhood; or, nickname of St. Catharines, Ontario: 2 wds.
- French pronoun
- Li'l long sandwich
- Oven-made meal
- See if the shirt is the right size: 2 wds.
- Huff
- Jazz instrument, commonly
- Placed the 'Z' papers in the 'Y' folder
- __ Sound (Fjord locale on BC's coast northwest of Vancouver)
- Eye-related prefix
- Cape __, Nunavut
- __ ease (Jittery)
- Go out with __ (Depart with flair)
- 1869: Character in War and Peace by Leo Tolstoy, __ Rostova
- Boring tool
- Conjure up
- Brother on "Bonanza"
- __ round (Tournament part)
- Graduate's degree, e.g.
- Single
- Network in Dire Straits' "Money for Nothing"

★ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Tread carefully today, because people are quarrelsome. Don't lose your temper or be self-indulgent with your emotions. Stay chill.

Taurus April 21 - May 21
Relations with a female friend or a member of a group are dicey today, because emotions are hot and unstable. Arguments will break out easily. Avoid important topics.

Gemini May 22 - June 21
Do not go toe to toe with an authority figure today, because you will regret it. Meanwhile, if someone overreacts with you, don't impulsively quit your day job. Be cool.

Cancer June 22 - July 23
Avoid controversial subjects like politics, religion and racial issues today, because people are quick to argue. You have to know when to hold and when to fold.

Leo July 24 - Aug. 23
Disputes about shared property, inheritances and financial issues are emotionally loaded today. Postpone these talks for another day.

Virgo Aug. 24 - Sept. 23
Be patient with partners and close friends, because arguments can break out easily today. That's because the Moon is at odds with fiery Mars, and everyone is looking for a fight.

Libra Sept. 24 - Oct. 23
Relations with co-workers will be challenged today. You will be best off by keeping your head down and your powder dry.

Scorpio Oct. 24 - Nov. 22
Parents need to be patient with their kids today, because everyone is prickly and inclined to argue. It's good to know that patience is the antidote to anger.

Sagittarius Nov. 23 - Dec. 21
The Moon is at odds with Mars in your sign today, which means family arguments could break out, especially with females. This won't happen if you keep your breezy sense of humour.

Capricorn Dec. 22 - Jan. 20
Don't be quick to argue with others today, especially siblings, relatives and neighbors. Arguments over sales agreements and negotiations might occur. Stay chill.

Aquarius Jan. 21 - Feb. 19
You might be distressed today about money or something you own, which could lead to an argument with someone. But will this solve anything? Try to relax.

Pisces Feb. 20 - March 20
Today the Moon is in your sign at odds with Mars at the top of your chart, which is a sure indication of arguments with parents, bosses and VIPs.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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